



## Impossibly Easy Vegetable Pie

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



136 kcal

### Ingredients

- 2 cups cauliflower florets fresh sliced chopped
- 0.3 cup onion chopped
- 0.3 cup bell pepper green chopped
- 4 ounces cheddar cheese shredded
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 eggs
- 0.5 cup frangelico

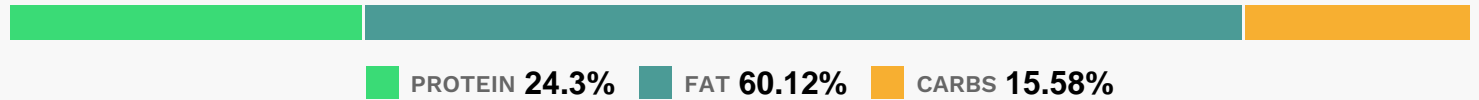
## Equipment

- sauce pan
- oven
- knife

## Directions

- Heat oven to 400°F. Grease 9-inch pie plate.
- Heat 1 inch salted water to boiling in medium saucepan.
- Add broccoli; cover and heat to boiling. Cook about 5 minutes or until almost tender; drain thoroughly. Stir together cooked broccoli, onion, bell pepper and cheese in pie plate.
- Stir remaining ingredients until blended.
- Pour into pie plate.
- Bake 35 to 45 minutes or until golden brown and knife inserted in center comes out clean. Cool 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.67, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:8.1065217360206%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 136.24kcal (6.81%), Fat: 9.24g (14.22%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.29g (3.65%), Cholesterol: 78.34mg (26.11%), Sodium: 364.29mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Vitamin C: 23.38mg (28.34%), Calcium: 202.55mg (20.25%), Phosphorus: 175.71mg (17.57%), Selenium: 10.87µg (15.53%), Vitamin B2: 0.23mg (13.61%), Vitamin B12: 0.55µg (9.17%), Folate: 32.39µg (8.1%), Zinc: 1.17mg (7.78%), Vitamin B6: 0.15mg (7.68%), Vitamin A: 365.72IU

(7.31%), Vitamin B5: 0.7mg (6.97%), Potassium: 224.07mg (6.4%), Vitamin K: 6.57µg (6.26%), Vitamin D: 0.85µg (5.69%), Magnesium: 18.61mg (4.65%), Manganese: 0.09mg (4.6%), Vitamin B1: 0.06mg (3.98%), Fiber: 0.98g (3.92%), Iron: 0.48mg (2.69%), Vitamin E: 0.38mg (2.51%), Copper: 0.04mg (2.02%), Vitamin B3: 0.28mg (1.42%)